

Velvety Black Bean Dip



Prep:

10 minutes

Total:

20 minutes

Makes:

8 full servings

Utensil:

Blender

4 Qt./3.8 L Roaster with Cover

Bake and Roast Pan (9 x 13)

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Recipe:

Contributed By:

Marni Wasserman

Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic, plant-based diet that is both simple and delicious.

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Recipe Description:

Roasting the garlic gives this dip a unique, warming and slightly sweet flavour. Creamed up with black beans, this dip makes the perfect appetizer before a meal. However, with leftovers it is great inside a wrap or on top of a salad for a protein boost.

1 head
of garlic, roasted
1 cup
black beans, cooked
(172
g)
¼ cup
tahini
(60
g)
¼ cup
freshly squeezed lime juice or lemon juice
(60
mL)
1 teaspoon
ground cumin
(2
g)
¼ teaspoon

sea salt
(2
g)
pinch of cayenne pepper
¼ cup
water
(60
mL)

Directions:

1. Preheat oven to 400°F/204°C. Place garlic on Bake and Roast Pan and roast garlic for 30 minutes.
2. In roaster, boil enough water with black beans and let simmer for an hour.
3. Combine cooked beans, tahini, lemon juice, garlic, cumin, salt and cayenne in a blender.
4. With blender running, gradually add the water and pulsing until the mixture becomes smooth and creamy.
5. Taste to adjust seasonings. Serve with crackers.

Nutritional Information per

▼ Serving

Calories: 85
Total Fat: 4g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 67mg
Total 10g
Carbs:
Dietary Fiber: 3g
Sugar: 0g
Protein: 4g